GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA

UNSTARRED QUESTION NO:3993
ANSWERED ON:09.12.2016
Diseases by Junk and Processed Food
Brahmpura Shri Ranjit Singh

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

(a) whether the increased consumption of soft drinks, juice and other canned food is leading to diabetes, cardio-vascular diseases and has other detrimental effects on health and if so, the details thereof;

(b) whether the Government is planning to fix the quantity of sugar in various aerated drinks and energy tonics and fix the standards for addition of salt in the processed foods like breads, biscuits and other bakery items and if so, the details thereof;

(c) the estimate of extent of adulteration of food items by using colours having ill effect on health; and

(d) whether the Government proposes to strengthen the FDA at Central and State level and if so, the details thereof?

Answer

ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(ANUPRIYA PATEL)
(a): Yes.

A study conducted by National Institute of Nutrition (NIN), Hyderabad, on assessment of ill-effects of consumption of Carbonated Water beverages on health of adolescents and young adults, showed higher increments of body fat in young consumers.

Indian Council of Medical Research (ICMR) has informed that excess consumption of calorie dense foods containing high levels of saturated fats, trans-fatty acids, free sugars and/or salt either alone, or in combination with insufficient physical activity, contribute to obesity and diabetes, as well as other Non-Communicable Diseases (NCDs). National dietary surveys indicate that foods and beverages high in free sugars can be a major source of discretionary calories in the diet, particularly in the case of children, adolescents and young adults.

As informed by Directorate General of Health Services (MoHFW), increased consumption of soft drinks, colas and other canned foods contribute to Obesity which is risk factor of Hypertension, Cardio-vascular problems, Diabetes, Stroke, etc.
Contdâ€¦â€¦..

(b): The Food Safety and Standards Authority of India (FSSAI) constituted an Expert Group on Salt, Sugar and Fat. The Expert Group prepared a draft report on consumption of these items and its health impacts among Indian population and recommendations on healthy dietary intake of these items. While preparing the above report, Expert Group has considered WHO guidelines on 'Sugar Intake for Adults and Children regarding the adverse impact of high sugar in foods.

(c): No such estimate is available with FSSAI. Enforcement of the provisions of the FSS Act, Rules and Regulations made thereunder is primarily the responsibility of the State/UT Governments. As per the information received from various State/UT Governments, details of samples collected, analysed, found non-conforming and penal action taken during 2015-2016 is at Annexure.

(d): FSSI has informed that strengthening of Food Administration at Central and State level is a continuous process. Recently, the Central Government has approved the scheme for strengthening of laboratory infrastructure at State level with an outlay of Rs. 48195 Crores.